

Cheese Soda Bread

Chef Kates - Aldi Test Kitchen
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nonstick cooking spray
2 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
1/4 teaspoon baking soda
1 cup white cheddar
cheese, shredded
3/4 cup plain nonfat yogurt
1/4 cup 2% milk

Preheat the oven to 350 degrees.

Lightly coat a round cake pan or baking sheet with cooking spray.

In a medium bowl, toss together the flour, baking flour, salt, baking soda and shredded cheese until well combined.

Add the yogurt. Stir in to combine. Add the milk. Stir to form a crumbly dough.

Turn the dough onto a lightly floured surface. Knead for about 1 minute. Shape the dough into an eight-inch diameter round loaf. Place on the prepared pan. Use a sharp knife to cut a cross on the top.

Bake for 40 minutes or until the bread sounds hollow when tapped on its side.

Let cool before slicing into eight wedges. Serve with butter.

Per Serving (excluding unknown items): 1040 Calories; 4g Fat (3.4% calories from fat); 38g Protein; 209g Carbohydrate; 7g Dietary Fiber; 8mg Cholesterol; 2521mg Sodium. Exchanges: 12 1/2 Grain(Starch); 1 1/2 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.